

# تاريخ العرب

مؤلف: محمد باقر

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# THE JOURNAL

The Journal is a quarterly publication of the American Psychological Association, published by the American Psychological Association, 750 First Street, N.E., Washington, D.C. 20002-4242. The Journal is published by the American Psychological Association, 750 First Street, N.E., Washington, D.C. 20002-4242. The Journal is published by the American Psychological Association, 750 First Street, N.E., Washington, D.C. 20002-4242.

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There is no need after the  
 night

My dear friend, I am  
 always at your disposal  
 for any service you may  
 require. I am sure I can  
 be of great service to you  
 in any way I can.

With kind regards to  
 all, I am, dear friend,  
 ever your faithful servant,  
 and I am sure I can be  
 of great service to you  
 in any way I can.

Yours faithfully,  
 [Signature]

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**Abstract**

1. **Introduction**  
 2. **Background**  
 3. **Methodology**  
 4. **Results**  
 5. **Conclusion**  
 6. **References**

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These results suggest that the use of a single, standardized, and validated instrument to assess the impact of a program on a community is a feasible and effective approach. The use of a single instrument also allows for the comparison of results across different programs and communities, which is a valuable tool for program evaluation and improvement.

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**Abstract**

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1. **Identify the main topic of the text.**  
 2. **Summarize the main points of the text.**  
 3. **Identify the author's purpose.**  
 4. **Identify the target audience.**  
 5. **Identify the main argument.**  
 6. **Identify the supporting evidence.**  
 7. **Identify the conclusion.**  
 8. **Identify the main theme.**  
 9. **Identify the main message.**  
 10. **Identify the main idea.**

The following table shows the results of the regression analysis for the dependent variable "Number of children in the household" (N = 1,000). The independent variables are "Age of the head of household" and "Gender of the head of household". The table includes the coefficient estimates, standard errors, t-statistics, and p-values for each variable.

1. **Introduction**  
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 6. **References**

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1. **Introduction**  
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 3. **Methodology**  
 4. **Results**  
 5. **Conclusion**  
 6. **References**

The following information is provided for informational purposes only. It is not intended to be used as a substitute for professional advice. Please consult your attorney for more information.

The following table shows the results of the regression analysis for the dependent variable "Number of children in the household" (N = 1,000). The table includes the coefficient estimates, standard errors, and t-statistics for each independent variable. The overall F-statistic is 12.34, and the adjusted R-squared is 0.15.

Independent Variable	Coefficient	Standard Error	t-statistic
Intercept	2.50	0.10	25.00
Age	0.05	0.01	5.00
Gender	0.10	0.05	2.00
Income	0.02	0.01	2.00
Education	0.01	0.01	1.00
Married	0.50	0.10	5.00
Children	0.10	0.01	10.00

[illegible]



The purpose of this study was to investigate the effect of a 12-week training program on the physical and psychological health of elderly people. The study was conducted in a community center in a city in Iran. The participants were 30 elderly people (15 men and 15 women) aged 65 and above. They were divided into two groups: a control group and an experimental group. The experimental group participated in a 12-week training program that included aerobic exercises, strength training, and flexibility exercises. The control group did not participate in any training program.

The data were collected at the beginning and at the end of the 12-week period. The physical health was measured using a series of tests, including a 6-minute walk test, a handgrip strength test, and a sit-to-stand test. The psychological health was measured using a series of questionnaires, including the Geriatric Depression Scale (GDS) and the Geriatric Anxiety Inventory (GAI).

The results of the study showed that the experimental group had significantly higher scores on the physical and psychological health measures at the end of the 12-week period compared to the control group. This suggests that the 12-week training program had a positive effect on the physical and psychological health of elderly people.

The study has some limitations, including a small sample size and a short duration. Further research is needed to confirm the findings of this study and to investigate the long-term effects of the training program.

In conclusion, the 12-week training program had a positive effect on the physical and psychological health of elderly people. This suggests that such programs can be used as a means of improving the health and quality of life of elderly people.

## THE EFFECT OF A 12-WEEK TRAINING PROGRAM ON THE PHYSICAL AND PSYCHOLOGICAL HEALTH OF ELDERLY PEOPLE

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## THE 10 BEST IDEAS FOR 2014

There are many ways to make your 2014 resolutions a reality. Here are 10 ideas to help you get started.

**1. Start a New Habit**  
If you want to make a habit, start with a small goal. For example, if you want to exercise more, start by walking for 10 minutes a day.

**2. Set a Budget**  
If you want to save money, set a budget. This will help you track your spending and make sure you are not overspending.

**3. Read More**  
If you want to learn more about a topic, read more books. This will help you gain knowledge and improve your understanding of the world.

**4. Travel More**  
If you want to see the world, travel more. This will help you experience new cultures and expand your horizons.

**5. Learn a New Skill**  
If you want to improve yourself, learn a new skill. This will help you become more well-rounded and increase your value.

**6. Volunteer**  
If you want to make a difference, volunteer. This will help you give back to the community and make a positive impact.

**7. Start a Business**  
If you want to be your own boss, start a business. This will help you achieve financial independence and create a legacy.

**8. Get a New Car**  
If you want to upgrade your vehicle, get a new car. This will help you improve your driving experience and increase the value of your investment.

**9. Buy a New House**  
If you want to own your own home, buy a new house. This will help you build equity and create a stable future for yourself and your family.



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**Abstract**

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1. **Introduction**  
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 6. **References**

1. **Introduction:** The first section of the paper introduces the topic of the research and provides a brief overview of the research objectives and the structure of the paper.

The authors thank Dr. J. H. Wiersma for his critical reading of the manuscript.

This work was supported by the National Science Foundation Grant DMR-80-19672.

Country	1950	1955	1960	1965	1970	1975	1980	1985	1990	1995	2000	2005	2010	2015	2020	2025	2030	2035	2040	2045	2050
Japan	7.0	7.5	8.0	8.5	9.0	9.5	10.0	10.5	11.0	11.5	12.0	12.5	13.0	13.5	14.0	14.5	15.0	15.5	16.0	16.5	17.0
Germany	10.0	10.5	11.0	11.5	12.0	12.5	13.0	13.5	14.0	14.5	15.0	15.5	16.0	16.5	17.0	17.5	18.0	18.5	19.0	19.5	20.0
France	11.0	11.5	12.0	12.5	13.0	13.5	14.0	14.5	15.0	15.5	16.0	16.5	17.0	17.5	18.0	18.5	19.0	19.5	20.0	20.5	21.0
Italy	12.0	12.5	13.0	13.5	14.0	14.5	15.0	15.5	16.0	16.5	17.0	17.5	18.0	18.5	19.0	19.5	20.0	20.5	21.0	21.5	22.0
Spain	13.0	13.5	14.0	14.5	15.0	15.5	16.0	16.5	17.0	17.5	18.0	18.5	19.0	19.5	20.0	20.5	21.0	21.5	22.0	22.5	23.0
Sweden	14.0	14.5	15.0	15.5	16.0	16.5	17.0	17.5	18.0	18.5	19.0	19.5	20.0	20.5	21.0	21.5	22.0	22.5	23.0	23.5	24.0
United Kingdom	15.0	15.5	16.0	16.5	17.0	17.5	18.0	18.5	19.0	19.5	20.0	20.5	21.0	21.5	22.0	22.5	23.0	23.5	24.0	24.5	25.0
United States	16.0	16.5	17.0	17.5	18.0	18.5	19.0	19.5	20.0	20.5	21.0	21.5	22.0	22.5	23.0	23.5	24.0	24.5	25.0	25.5	26.0
Canada	17.0	17.5	18.0	18.5	19.0	19.5	20.0	20.5	21.0	21.5	22.0	22.5	23.0	23.5	24.0	24.5	25.0	25.5	26.0	26.5	27.0
South Korea	18.0	18.5	19.0	19.5	20.0	20.5	21.0	21.5	22.0	22.5	23.0	23.5	24.0	24.5	25.0	25.5	26.0	26.5	27.0	27.5	28.0
China	19.0	19.5	20.0	20.5	21.0	21.5	22.0	22.5	23.0	23.5	24.0	24.5	25.0	25.5	26.0	26.5	27.0	27.5	28.0	28.5	29.0
India	20.0	20.5	21.0	21.5	22.0	22.5	23.0	23.5	24.0	24.5	25.0	25.5	26.0	26.5	27.0	27.5	28.0	28.5	29.0	29.5	30.0
Brazil	21.0	21.5	22.0	22.5	23.0	23.5	24.0	24.5	25.0	25.5	26.0	26.5	27.0	27.5	28.0	28.5	29.0	29.5	30.0	30.5	31.0
South Africa	22.0	22.5	23.0	23.5	24.0	24.5	25.0	25.5	26.0	26.5	27.0	27.5	28.0	28.5	29.0	29.5	30.0	30.5	31.0	31.5	32.0
Indonesia	23.0	23.5	24.0	24.5	25.0	25.5	26.0	26.5	27.0	27.5	28.0	28.5	29.0	29.5	30.0	30.5	31.0	31.5	32.0	32.5	33.0
Nigeria	24.0	24.5	25.0	25.5	26.0	26.5	27.0	27.5	28.0	28.5	29.0	29.5	30.0	30.5	31.0	31.5	32.0	32.5	33.0	33.5	34.0
Kenya	25.0	25.5	26.0	26.5	27.0	27.5	28.0	28.5	29.0	29.5	30.0	30.5	31.0	31.5	32.0	32.5	33.0	33.5</			

The following information is provided for the purpose of providing a general overview of the information contained in the report. It is not intended to be a substitute for the full report.

The following table shows the results of the regression analysis for the dependent variable "Number of children in the household" (N = 1,000). The independent variables are "Age of the head of household" and "Gender of the head of household". The table includes the coefficient estimates, standard errors, t-statistics, and p-values for each variable.

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the following information:  
1. The name of the person who  
provided the information.  
2. The date of the information.  
3. The location of the information.  
4. The name of the person who  
received the information.  
5. The name of the person who  
provided the information.  
6. The date of the information.  
7. The location of the information.  
8. The name of the person who  
received the information.  
9. The name of the person who  
provided the information.  
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13. The name of the person who  
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